

I CLAIM:

1. An exerciser comprising:
 - a base including a shaft extended therefrom,
 - a foot support disposed on said base to support feet of users,
 - 5 a handle including a lower portion rotatably attached to said base with said shaft,
 - a pulley secured to said lower portion of said handle and rotated in concert with said handle, and
 - a seat rotatably supported on said pulley to rotatably support
 - 10 the users.
2. The exerciser as claimed in claim 1 further comprising a cable coupled between said pulley and said foot support, to selectively couple said foot support to said handle via said pulley.
3. The exerciser as claimed in claim 2, wherein said pulley
- 15 includes an outer peripheral recess formed therein to receive said cable, and includes a lock notch formed therein and communicating with said peripheral recess of said pulley, said cable includes a stop secured thereon and engaged in said lock notch of said pulley, to anchor said cable to said pulley, and to prevent said cable from
- 20 sliding relative to said pulley.
4. The exerciser as claimed in claim 2, wherein said cable includes two ends for coupling to said foot support.
5. The exerciser as claimed in claim 4, wherein said foot support includes a lever pivotally secured on said base and having
- 25 two ends coupled to said ends of said cable with brackets.
6. The exerciser as claimed in claim 5, wherein each of said brackets includes a first end attached to said lever, and a second end

having a panel and having a passage formed in said panel, and a barrel having a tube engaged through said passage of said panel of each of said brackets, and each of said barrels includes a passageway formed therein to receive said ends of said cable
5 respectively.

7. The exerciser as claimed in claim 6, wherein each of said barrels includes an opening formed therein and communicating with said passageway thereof, to receive at least one fastener therein, said at least one fastener is secured to said ends of said cable and
10 engaged in said opening of said bracket, to secure said ends of said cable to said brackets respectively, and thus to couple said ends of said lever of said foot support to said pulley.

8. The exerciser as claimed in claim 6, wherein each of said tubes of said barrels is threaded with a lock nut to secure said
15 barrels to said brackets respectively.

9. The exerciser as claimed in claim 1 further comprising means for selectively locking said handle to said base.

10. The exerciser as claimed in claim 9, wherein said locking means includes a board secured to said handle, and a latch
20 selectively engaged through said board and engaged with said base, to selectively lock said board and said handle to said base, and to prevent said board and said handle from being rotated relative to said base.

11. The exerciser as claimed in claim 10, wherein said base
25 includes a plate secured thereon, and a ball bearing disposed between said board and said plate to rotatably support said board of said handle on said plate.

12. The exerciser as claimed in claim 1, wherein said handle includes a lower leg, and said pulley is secured to said leg of said handle.

13. The exerciser as claimed in claim 1 further comprising a
5 ball bearing disposed between said seat and said pulley to rotatably support said seat on said pulley.

14. The exerciser as claimed in claim 13, wherein said ball bearing includes a disc disposed between said seat and said pulley and having a plurality balls engaged between said seat and said
10 pulley, to rotatably support said seat on said pulley.